



Troy Family Aquatic Center (TFAC)

3425 Civic Center Drive

The outdoor facility opened for its 16th season this year and is open through Labor Day. It features a main pool with a zero depth entry, three waterslides, (one for children under the age of 10), two spray pools, waterfall, sand volleyball, sand play area and concession area.

Troy Family Aquatic Center Hours 2008

(subject to change)

Regular Hours: June 13 – September 1

Monday – Thursday 11 am – 8 pm
Friday – Sunday 11 am – 7:30 pm

August 25 – September 1:

Certain features may not be available due to staffing.

Groups/Rentals

For availability, please contact the Parks and Recreation Department at 248.524.3484. Reservations and deposits are required for the following:

Birthday/Celebrations

It's the hassle-free way to celebrate that special day. Parties include invitations, choice of drink, lunch, cake, ice cream, goody bag, and entry into the facility. Available daily, food served between 12 pm to close. Minimum of 10 people. Fees are: Resident - \$13/person; Non-residents - \$15/person. Any participant in the party that is a pass holder will get \$2 off their admission.

Groups of 20 or more

Groups that have made prior reservations and have submitted a \$70 deposit with the Parks and Recreation Department can enter for a special rate of \$6 for resident groups and \$7 for non-resident groups. Call 248.524.3484 for details.

Exclusive Rentals

Rentals are available on Friday (excluding Jamfest dates), Saturdays from 8 pm-12 am and during the week from 9 pm - 12 am. Have TFAC to yourselves! Groups of up to 1,200 can be accommodated. The fee is \$500 per hour with a two hour minimum.

Troy Family Aquatic Center 2008 Rates

| Daily Passes | Fee |
|--|---------|
| Resident | \$7.75 |
| Resident Twilight (after 5 pm) | \$4.00 |
| Non-Resident Employee | \$9.50 |
| Non-Resident Employee Twilight (after 5 pm) | \$5.00 |
| Non-Resident | \$11.00 |
| Non-Resident Twilight (after 5 pm) | \$5.75 |
| <i>Children under 3 years of age as of May 1, 2008 do not need a pass.</i> | |

Troy Community Center Indoor Pool

3179 Livernois: 248.524.3484

The indoor aquatics area includes lap lanes, slides, a leisure pool with water toys and a therapy pool offering varied hours for different activities and ages. Programs include aquacise, swim lessons and other youth and adult classes. Rentals and birthday parties are also available to residents and non-residents.

Important Pool Rules

- Children under 10 must be directly supervised in the water by an individual 16 or older.
- Appropriate and approved swim attire is required.
- Children who are not toilet trained must wear tight-fitting plastic pants over an approved swim diaper.
- Showers are required prior to entry.
- Flotation devices and toys may not be brought into the pool.
- A complete list of rules is available at the administration desk.

Birthday Party Information on page 45.



Special Events

These events are held at the Community Center indoor pool.

Noodle Days

Sept 6, Oct 4, Nov 8, Dec 6
1 - 4 pm

Come during open swim for noodle day! There will be water games and noodles. Regular entry fees apply.

Family Fun Days

Sept 21, Oct 19, Nov 23, Dec 21
2 - 5 pm

Come during open swim and bring the entire family! There will be water games, noodles, and inner tubes available. Regular fees apply.

More Special Pool Parties: see pages 37.

Indoor pool events are available online for registration. Please refer to page 87 for details!

Family Nights: 2nd Saturday of the month (see page 66).

Fall Indoor Pool Schedule – Sept. 2 - Jan. 4

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|--|---|--|
| Adult Lap/ Therapy Swim 6-10 am | Adult Lap/ Therapy Swim 6-8:45 am | Adult Lap/ Therapy Swim 6-10 am | Adult Lap/ Therapy Swim 6-8:45 am | Adult Lap/ Therapy Swim 6-10 am | Adult Lap/ Therapy Swim 8-9 am | AdultLap/TherapySwim 9 am-Noon (3 lanes available) |
| Swim Lessons 9-11 am | Swim Lessons 9-11 am | Swim Lessons 9-11 am | Swim Lessons 9-11 am | Swim Lessons 9-11 am | Swim Lessons 8:15-11:30 am | Swim Lessons 9-11:30 am |
| Water Wave Aerobics 10-10:50 am | Senior Aqua 9-11 am | Water Wave Aerobics 10-10:50 am | Senior Aqua 9-11 am | Water Wave Aerobics 10-10:50 am | Water Wave Aerobics 9:05-9:55 am | |
| Half Pint Swim 10-10:45 am | Half Pint Swim 10-10:45 am | Half Pint Swim 10-10:45 am | Half Pint Swim 10-10:45 am | Half Pint Swim 10-10:45 am | | |
| Adult Lap/ Therapy Swim 11:30 am - 2:30 pm | Adult Lap/ Therapy Swim 11:30 am - 2:30 pm | Adult Lap/ Therapy Swim 11:30 am - 2:30 pm | Adult Lap/ Therapy Swim 11:30 am - 2:30 pm | Adult Lap/ Therapy Swim 11:30 am - 2:30 pm | Open Swim/ No Lap 11:30 am - 6 pm | |
| | | | | | Family Night 2nd Saturday of the month 5-8 pm | Open Swim/ No Lap Noon - 5 pm |
| Preschool Lessons 12:30-2:30 pm | Preschool Lessons 12:30-3 pm | Adult Lessons 1:45-2:30 pm | Homeschool Lessons 11:30 am -3 pm | Preschool Lessons 12:30-3 pm | | |
| Swim Lessons 4-6:30 pm | Open Swim 4-6:50 pm | Swim Lessons 4-6:30 pm | Open Swim 4-6:50 pm | Swim Lessons 4-6:30 pm | | Swim Lessons 5-7 pm |
| Open Swim 6:30-8:55 pm | Water Wave Aerobics 7-7:50 pm | Open Swim 6:30-8:55 pm | Water Wave Aerobics 7-7:50 pm | | Rentals & Special Events 6-10 pm | |
| | Swim Lessons 7-8:45 pm | | Swim Lessons 7-8:45 pm | Open Swim 6:30-9:30 pm | | |
| Adult Lap/ Therapy Swim 9-9:50 pm (2 lanes) | Adult Teen Lessons 8:45-9:30 pm | Adult Lap/ Therapy Swim 9-9:50 pm (2 lanes) | Adult Teen Lessons 8:45-9:30 pm | | | |

Check out our Daddy/Daughter event details on page 37.



Pool Schedule Key

Passholder Swim Times

- **Adult Lap Swim:** Ages 18 and older. Lap lanes are available for lap swim. See open swim description for additional lap swim times.
- **Half Pint Swim:** Leisure swim is open for toddlers and their parents/adult supervisor. Adult must enter water with child.
- **Adult Therapy Swim:** Ages 18 and older. The therapy pool is also open during all open swims for adults.
- **Open Swim:** All ages welcome. Children under 10 must be directly supervised in the water by an individual 16 or older. The leisure and slide areas will be open. Adults have use of the therapy pool and at least one lap lane (M-F).

Class Swim Times (shaded in schedule above)

Swim Lessons and Exercise Classes: You must register and pay separately for these programs. See pages 40 - 44 for more information.

Holiday Open Swim Hours

| | |
|---------|--|
| Nov. 28 | 8 - 11 am (adult lap and therapy) 11 am - 9 pm (open swim) |
| Dec. 24 | 8 - 10 am (adult lap and therapy) 10 am - 1:30 pm (open swim) |
| Dec. 31 | 8 - 10 am (adult lap and therapy) 10 am - 5 pm (open swim) |

Additional Swim Times

| | |
|-----------------------------|--------------------|
| November 26 | 1:45 - 9 pm |
| December 22, 26, 29, Jan. 2 | 11:30 am - 9 pm |
| December 23, 30 | 11:30 am - 6:50 pm |

Pool closed for annual maintenance:

August 25-September 1

Pass holders may use the Troy Family Aquatic Center.

Preschool Swim Lessons – \$47/session

Test day for new students: Saturday, August 16 from 9-10:30 am. Children will be tested to allow parents to register them in the proper class. Swim lessons for preschoolers will take place at the Community Center.

Register for desired class and time. Instructor ratio is 1:6 for classes without parent, and 1:15 for Parent and Tot and Parent and Infant classes. Participants must furnish towels and suits. All fees are separate from passes.

Class Descriptions

Parent and Infant (6 months - 18 months) Adult participation is required. Introduce your child to the water. Participating adults will learn holding positions, cues, safety skills, and emergency prevention.

Parent and Tot (19 months - 3 years) Adult participation is required. This class is an extension of the Parent and Infant class.

One Fish (3-5 years) For children ready to participate in lessons on their own. Basic swimming skills such as blowing bubbles, basic arm and leg movements, and water safety will be taught.

Two Fish (3-5 years) Learn beginner stroke, glides, and water safety.

Red Fish (3-5 years) Improve beginner stroke, floats, glides, introduce other swimming strokes, and water safety.

Blue Fish (3-5 years) Continues to develop beginner stroke, continue learning other strokes, water safety, and improve endurance.

Gold Fish (3-5 years) Focus on front crawl, back crawl, breaststroke, elementary backstroke, water safety, and improve endurance.

NOTE: Refunds for swim classes must be requested at least five days prior to the class start date. There is a \$10 service fee for all refund requests.

Online registration is available beginning August 19 for Swim classes; see procedures on pages 86-87.

4 Week Classes - Mon and Wed

Session 1: Sept 8 - Oct 1

Act #: 143012

| | | |
|---|---------------|-------------|
| A | One Fish | 9-9:30 am |
| B | Two Fish | 9:30-10 am |
| C | Red Fish | 10-10:30 am |
| D | Parent/Infant | 10-10:30 am |
| E | Parent/Tot | 10:30-11 am |
| F | One Fish | 4-4:30 pm |
| G | Red Fish | 4:30-5 pm |
| H | Two Fish | 5-5:30 pm |
| I | Blue Fish | 5:30-6 pm |
| J | Parent/Infant | 5:30-6 pm |
| K | Parent/Tot | 6-6:30 pm |
| L | Red fish | 6-6:30 pm |
| M | One Fish | 6-6:30 pm |

Session 2: Oct 8-Nov 3 (starts on Wed)

Act #: 143013

| | | |
|---|---------------|--------------|
| A | One Fish | 8:30-9 am |
| B | Red Fish | 9-9:30 am |
| C | Two Fish | 9:30-10 am |
| D | Parent/Infant | 10- 10:30 am |
| E | Parent/Tot | 10:30-11 am |
| F | Red Fish | 4-4:30 pm |
| G | Blue Fish | 4:30-5 pm |
| H | Two Fish | 4:30-5 pm |
| I | One Fish | 5-5:30 pm |
| J | Two Fish | 5:30-6 pm |
| K | Parent/Infant | 5:30-6 pm |
| L | Parent/Tot | 6-6:30 pm |
| M | Red Fish | 6-6:30 pm |

Session 3: Nov 10-Dec 8 (starts on Wed)

No class on 11/26

Act #: 143014

| | | |
|---|---------------|-------------|
| A | Red Fish | 8:30-9 am |
| B | One Fish | 9-9:30 am |
| C | Two Fish | 9:30-10 am |
| D | Parent/Infant | 10-10:30 am |
| E | Parent/Tot | 10:30-11 am |
| F | One Fish | 4-4:30 pm |
| G | Blue Fish | 4:30-5 pm |
| H | Red Fish | 4:30-5 pm |
| I | One Fish | 5-5:30 pm |
| J | Two Fish | 5:30-6 pm |
| K | Parent/Infant | 5:30-6 pm |
| L | Parent/Tot | 6-6:30 pm |
| M | Red Fish | 6-6:30 pm |

4 Week Classes - Tue and Thur

Session 1: Sept 9 - Oct 2

Act #: 143015

| | | |
|---|---------------|--------------|
| A | One Fish | 9-9:30 am |
| B | Two Fish | 9:30-10 am |
| C | Red Fish | 10-10:30 am |
| D | Blue Fish | 10:30-11 am |
| E | Parent/Infant | 6:50-7:20 pm |
| F | One Fish | 6:50-7:20 pm |
| G | Blue Fish | 6:50-7:20 pm |
| H | Red Fish | 7:25-7:55 pm |
| I | Two Fish | 7:25-7:55 pm |
| J | Parent/ Tot | 7:25-7:55 pm |

Session 2: Oct 9 - Nov 4 (Starts on Thur)

Act #: 143016

| | | |
|---|---------------|--------------|
| A | Red Fish | 9-9:30 am |
| B | Blue Fish | 9:30-10 am |
| C | Two Fish | 10-10:30 am |
| D | One Fish | 10:30-11 am |
| E | Parent/Infant | 6:50-7:20 pm |
| F | Two Fish | 6:50-7:20 pm |
| G | Red Fish | 6:50-7:20 pm |
| H | One Fish | 7:25-7:55 pm |
| I | Blue Fish | 7:25-7:55 pm |
| J | Parent/ Tot | 7:25-7:55 pm |

Session 3: Nov 11 - Dec 9

No class 11/27

Act #: 143017

| | | |
|---|---------------|--------------|
| A | Two Fish | 9-9:30 am |
| B | Red Fish | 9:30-10 am |
| C | Blue Fish | 10-10:30 am |
| D | One Fish | 10:30-11 am |
| E | Parent/Infant | 6:50-7:20 pm |
| F | One Fish | 6:50-7:20 pm |
| G | Blue Fish | 6:50-7:20 pm |
| H | Two Fish | 7:25-7:55 pm |
| I | Red Fish | 7:25-7:55 pm |
| J | Parent/ Tot | 7:25-7:55 pm |

8 Week Classes

Mondays: Sept 8 - Oct 27

Act #: 143036

| | | |
|---|-----------|------------|
| A | Blue Fish | 12:30-1 pm |
| B | One Fish | 1-1:30 pm |
| C | Red Fish | 1:30-2 pm |
| D | Two Fish | 2-2:30 pm |

Tuesdays: Sept 9 - Oct 28

Act #: 143037

| | | |
|---|------------|-----------|
| A | Two Fish | 1-1:30 pm |
| B | Red Fish | 1:30-2 pm |
| C | One Fish | 2-2:30 pm |
| D | Parent/Tot | 2:30-3 pm |

Fridays: Sept 5 - Oct 24

Act #: 143018

| | | |
|---|---------------|-------------|
| A | Red Fish | 8:30-9 am |
| B | One Fish | 9-9:30 am |
| C | Two Fish | 9:30-10 am |
| D | Parent/ Tot | 10-10:30 am |
| E | Parent/Infant | 10:30-11 am |
| F | Blue Fish | 12:30-1 pm |
| G | One Fish | 1-1:30 pm |
| H | Two Fish | 1:30-2 pm |
| I | Red Fish | 2-2:30 pm |
| J | Parent/Tot | 2:30-3 pm |
| K | One Fish | 4-4:30 pm |
| L | Red Fish | 4-4:30 pm |
| M | Two Fish | 4:30-5 pm |
| N | Blue Fish | 4:30-5 pm |
| O | Two Fish | 5-5:30 pm |
| P | Parent/Infant | 5:30-6 pm |
| Q | One Fish | 5:30-6 pm |
| R | Red Fish | 6-6:30 pm |
| S | Parent/Tot | 6-6:30 pm |

Saturdays: Sept 6 - Oct 25

Act #: 143019

| | | |
|---|---------------|--------------|
| A | One Fish | 8:15-8:45 am |
| B | Two Fish | 8:15-8:45 am |
| C | Red Fish | 8:50-9:20 am |
| D | One Fish | 8:50-9:20 am |
| E | Blue Fish | 9:25-9:55 am |
| F | Parent/Infant | 9:25-9:55 am |
| G | Parent/Tot | 10-10:30 am |
| H | One Fish | 10-10:30 am |
| I | Red Fish | 10:30-11 am |
| J | One Fish | 10:30-11 am |
| K | Two Fish | 11-11:30 am |
| L | Parent/Tot | 11-11:30 am |

Sunday Classes: Sept 7 - Oct 26

Act #: 143034

| | | |
|---|---------------|-----------------|
| A | Two Fish | 9:15-9:45 am |
| B | Red Fish | 9:45-10:15 am |
| C | One Fish | 10:20-10:50 am |
| D | Blue Fish | 10:55- 11:25 am |
| E | Red Fish | 10:55-11:25 am |
| F | One Fish | 11:25-11:55 am |
| G | One Fish | 5-5:30 pm |
| H | Red Fish | 5-5:30 pm |
| I | Parent/Infant | 5-5:30 pm |
| J | Two Fish | 5:35-6:05 pm |
| K | Parent/Tot | 5:35-6:05 pm |
| L | Blue Fish | 6:10-6:40 pm |
| M | One Fish | 6:10-6:40 pm |

Mini Sessions (6 weeks-\$35)

Mondays: Nov 3 - Dec 8

Act #: 143038

| | | |
|---|-----------|------------|
| A | Blue Fish | 12:30-1 pm |
| B | One Fish | 1-1:30 pm |
| C | Two Fish | 1:30-2 pm |
| D | Red Fish | 2-2:30 pm |

Tuesdays: Nov 4 - Dec 9

Act #: 143039

| | | |
|---|------------|-----------|
| A | One Fish | 1-1:30 pm |
| B | Two Fish | 1:30-2 pm |
| C | Red Fish | 2-2:30 pm |
| D | Parent/Tot | 2:30-3 pm |

Fridays: Nov 7 - Dec 19

No class 11/28

Act #: 143026

| | | |
|---|---------------|-------------|
| A | One Fish | 8:30-9 am |
| B | Two Fish | 9-9:30 am |
| C | Red Fish | 9:30-10 am |
| D | Parent/Tot | 10-10:30 am |
| E | Parent/Infant | 10:30-11 am |
| F | One Fish | 1-1:30 pm |
| G | Red Fish | 1:30-2 pm |
| H | Two Fish | 2-2:30 pm |
| I | Blue Fish | 2:30-3 pm |
| J | One Fish | 4-4:30 pm |
| K | Red Fish | 4-4:30 pm |
| L | Two Fish | 4:30-5 pm |
| M | Blue Fish | 4:30-5 pm |
| N | Red Fish | 5-5:30 pm |
| O | Two Fish | 5-5:30 pm |
| P | Parent/Infant | 5:30-6 pm |
| Q | One Fish | 5:30-6 pm |
| R | Red Fish | 6-6:30 pm |
| S | Parent/Tot | 6-6:30 pm |

Saturdays: Nov 1 - Dec 13

No class 11/29

Act #: 143027

| | | |
|---|---------------|--------------|
| A | One Fish | 8:15-8:45 am |
| B | Two Fish | 8:15-8:45 am |
| C | Red Fish | 8:50-9:20 am |
| D | One Fish | 8:50-9:20 am |
| E | Blue Fish | 9:25-9:55 am |
| F | Parent/Infant | 9:25-9:55 am |
| G | Parent/Tot | 10-10:30 am |
| H | One Fish | 10-10:30 am |
| I | Red Fish | 10:30-11 am |
| J | Two Fish | 10:30-11 am |
| K | One Fish | 11-11:30 am |
| L | Parent/Tot | 11-11:30 am |

Sundays: Nov 2-Dec 21

No class 11/9 and 11/30

Act #: 143035

| | | |
|---|---------------|----------------|
| A | Red Fish | 9:15-9:45 am |
| B | Blue Fish | 9:45-10:15 am |
| C | Two Fish | 9:45-10:15 am |
| D | One Fish | 10:20-10:50 am |
| E | Two Fish | 10:55-11:25 am |
| F | One Fish | 11:25-11:55 am |
| G | One Fish | 5-5:30 pm |
| H | Red Fish | 5-5:30 pm |
| I | Parent/Infant | 5-5:30 pm |
| J | Two Fish | 5:35-6:05 pm |
| K | Parent/Tot | 5:35-6:05 pm |
| L | Blue Fish | 6:10-6:40 pm |
| M | One Fish | 6:10-6:40 pm |

Holiday Lessons

Holiday Evening Session:

Tue and Thur starts Thur

Dec 11 - Jan 13 - No class Dec 25 and Jan 1

Act #:113011

| | | |
|---|---------------|--------------|
| A | Parent/Infant | 6:50-7:20 pm |
| B | Two Fish | 6:50-7:20 pm |
| C | Red Fish | 6:50-7:20 pm |
| D | One Fish | 7:25-7:55 pm |
| E | Blue Fish | 7:25-7:55 pm |
| F | Parent/Tot | 7:25-7:55 pm |

Holiday Morning Session

Dec 22, 23, 26, 27, 29, 30, Jan 2, 3

Act #: 113017

| | | |
|---|---------------|----------------|
| A | One Fish | 9:15-9:45 am |
| B | Blue Fish | 9:15-9:45 am |
| C | Two Fish | 9:50-10:20 am |
| D | Red Fish | 9:50-10:20 am |
| E | Parent/Infant | 10:25-10:55 am |
| F | Red Fish | 10:25-10:55 am |
| G | Parent/Tot | 11-11:30 am |
| H | One Fish | 11-11:30 am |

NOTE: For all swim lessons, there is no make-up class for the first class that is cancelled due to inclement weather or unforeseen circumstances.

Youth Swim Lessons

\$59/session

Test days for new students: Saturday, August 16 from 9 - 10:30 am. Children will be tested to allow parents to register them in the proper class. **Ratio:** 1:8

Location: Indoor Community Center Pool

Instructors: Community Center Staff

Class Descriptions

All classes are in accordance with American Red Cross instruction. It is necessary to pass each level before progressing. Please bring Red Cross cards to the first class. All classes are for children 6 years and older.

Level 1-Water exploration for children who have little or no experience in the water. This class entails water safety, breath holding, arm strokes, kick, and supported floats.

Level 2-Primary skills for children who can put their face in the water. This class with work on floats, beginner stroke, and water safety.

Level 3-Emphasis on rhythmic breathing, arm stroke and kick for front crawl and back crawl. Will introduce butterfly kick and treading water.

Level 4-Perfect front and back crawl. Introduce elementary backstroke, breaststroke, sidestroke, survival float and advanced water safety.

Level 5-Perfect front and back crawl, elementary backstroke, breaststroke, introduce sidestroke, butterfly, and flip turns.

Level 6-Focus on perfecting all strokes and improving endurance. Students learn CPR, rescue breathing, and other beginner lifeguarding skills.

***Level 7**-A competitive swim class that will focus on stroke perfection and endurance, not an American Red Cross class. **Fee: \$71**

NOTE: Refunds for swim classes must be requested at least five days prior to the class start date. There is a \$10 service fee for all refund requests.

Online registration is available beginning August 19 for swim classes; see procedures on pages 86-87.

4 week Classes - Mon and Wed

Session 1: Sept 8 - Oct 1

Act #: 143001

| | | |
|---|---------|--------------|
| A | Level 1 | 4-4:45 pm |
| B | Level 2 | 4-4:45 pm |
| C | Level 3 | 4-4:45 pm |
| D | Level 4 | 4:50-5:35 pm |
| E | Level 5 | 4:50-5:35 pm |
| F | Level 3 | 4:50-5:35 pm |
| G | Level 1 | 5:40-6:25 pm |
| H | Level 2 | 5:40-6:25 pm |
| I | Level 4 | 5:40-6:25 pm |
| J | Level 6 | 5:40-6:25 pm |

Session 2: Oct 8 - Nov 3

Starts on Wed

Act #: 143002

| | | |
|---|---------|--------------|
| A | Level 1 | 4-4:45 pm |
| B | Level 3 | 4-4:45 pm |
| C | Level 2 | 4-4:45 pm |
| D | Level 4 | 4:50-5:35 pm |
| E | Level 1 | 4:50-5:35 pm |
| F | Level 6 | 4:50-5:35 pm |
| G | Level 5 | 5:40-6:25 pm |
| H | Level 3 | 5:40-6:25 pm |
| I | Level 2 | 5:40-6:25 pm |
| J | Level 4 | 5:40-6:25 pm |

Session 3: Nov 10 - Dec 8

No class 11/26

Act #: 143003

| | | |
|---|---------|--------------|
| A | Level 1 | 4-4:45 pm |
| B | Level 3 | 4-4:45 pm |
| C | Level 4 | 4-4:45 pm |
| D | Level 4 | 4:50-5:35 pm |
| E | Level 5 | 4:50-5:35 pm |
| F | Level 2 | 4:50-5:35 pm |
| G | Level 2 | 5:40-6:25 pm |
| H | Level 3 | 5:40-6:25 pm |
| I | Level 1 | 5:40-6:25 pm |
| J | Level 6 | 5:40-6:25 pm |

4 Week Classes- Tue and Thur

Session 1: Sept 9 - Oct 2

Act #: 143028

| | | |
|---|---------|-----------|
| A | Level 2 | 7-7:45 pm |
| B | Level 1 | 8-8:45 pm |
| C | Level 3 | 8-8:45 pm |
| D | Level 4 | 8-8:45 pm |
| E | Level 5 | 8-8:45 pm |
| F | Level 6 | 8-8:45 pm |

Session 2: Oct 9 - Nov 4 (starts on Thur)

Act #: 143029

| | | |
|---|---------|-----------|
| A | Level 1 | 7-7:45 pm |
| B | Level 2 | 8-8:45 pm |
| C | Level 3 | 8-8:45 pm |
| D | Level 4 | 8-8:45 pm |
| E | Level 5 | 8-8:45 pm |
| F | Level 6 | 8-8:45 pm |

Session 3: Nov 11 - Dec 9

No class 11/27

Act #: 143030

| | | |
|---|---------|-----------|
| A | Level 2 | 7-7:45 pm |
| B | Level 3 | 8-8:45 pm |
| C | Level 4 | 8-8:45 pm |
| D | Level 5 | 8-8:45 pm |
| E | Level 6 | 8-8:45 pm |
| F | Level 1 | 8-8:45 pm |

8 Week Classes - Fri or Sat

Thur Homeschool: Sept 4 - Oct 23

Act #: 143021

| | | |
|---|---------|--------------------|
| A | Level 1 | 11:30 am -12:15 pm |
| B | Level 2 | 12:20-1:05 pm |
| C | Level 3 | 1:10-1:55 pm |
| D | Level 4 | 2-2:45 pm |

Fridays: Sept 5 - Oct 24

Act #: 143004

| | | |
|---|----------|--------------|
| A | Level 1 | 4-4:45 pm |
| B | Level 2 | 4-4:45 pm |
| C | Level 4 | 4-4:45 pm |
| D | Level 1 | 4:50-5:35 pm |
| E | Level 5 | 4:50-5:35 pm |
| F | Level 3 | 4:50-5:35 pm |
| G | Level 4 | 5:40-6:25 pm |
| H | Level 6 | 5:40-6:25 pm |
| I | Level 2 | 5:40-6:25 pm |
| J | Level 3 | 5:40-6:25 pm |
| K | Level 7* | 4-5:15 pm |

Saturdays: Sept 6 - Oct 25

Act #: 143005

| | | |
|---|----------|-------------------|
| A | Level 2 | 8:15-9 am |
| B | Level 1 | 9:05-9:50 am |
| C | Level 2 | 9:05-9:50 am |
| D | Level 5 | 9:55-10:40 am |
| E | Level 4 | 9:55-10:40 am |
| F | Level 3 | 9:55-10:40 am |
| G | Level 1 | 10:45-11:30 am |
| H | Level 3 | 10:45-11:30 am |
| I | Level 6 | 10:45-11:30 am |
| J | Level 4 | 10:45-11:30 am |
| K | Level 7* | 11:30 am-12:45 pm |

Sundays: Sept 7 - Oct 26

Act #: 143011

| | | |
|---|----------|----------------|
| A | Level 1 | 9:15-10am |
| B | Level 6 | 9:15-10 am |
| C | Level 2 | 10:05-10:50 am |
| D | Level 5 | 10:05-10:50 am |
| E | Level 3 | 10:55-11:40 am |
| F | Level 4 | 10:55-11:40 am |
| G | Level 7* | 11:45am-1 pm |
| H | Level 1 | 5-5:45 pm |
| I | Level 4 | 5-5:45 pm |
| J | Level 3 | 5-5:45 pm |
| K | Level 2 | 5-5:45 pm |
| L | Level 5 | 5:50-6:35 pm |
| M | Level 6 | 5:50-6:35 pm |
| N | Level 2 | 5:50-6:35 pm |

Mini Session - 6 weeks - \$44

*Level 7- \$53

Thur Homeschool: Nov 6 - Dec 18

No class 11/27

Act #: 143021

| | | |
|---|---------|--------------------|
| E | Level 1 | 11:30 am -12:15 pm |
| F | Level 2 | 12:20-1:05 pm |
| G | Level 3 | 1:10-1:55 pm |
| H | Level 4 | 2-2:45 pm |

Fridays: Nov 7 - Dec 19

No class 11/28

Act #: 143032

| | | |
|---|----------|--------------|
| A | Level 1 | 4-4:45 pm |
| B | Level 2 | 4-4:45 pm |
| C | Level 4 | 4-4:45 pm |
| D | Level 1 | 4:50-5:35 pm |
| E | Level 5 | 4:50-5:35 pm |
| F | Level 3 | 4:50-5:35 pm |
| G | Level 4 | 5:40-6:25 pm |
| H | Level 6 | 5:40-6:25 pm |
| I | Level 2 | 5:40-6:25 pm |
| J | Level 3 | 5:40-6:25 pm |
| K | Level 7* | 4-5:15 pm |

Saturdays: Nov 8 - Dec 20

no class 11/29

Act #: 143033

| | | |
|---|----------|----------------|
| A | Level 1 | 8:15-9 am |
| B | Level 2 | 9:05-9:50 am |
| C | Level 5 | 9:05-9:50 am |
| D | Level 6 | 9:55-10:40 am |
| E | Level 4 | 9:55-10:40 am |
| F | Level 3 | 9:55-10:40 am |
| G | Level 1 | 10:45-11:30 am |
| H | Level 3 | 10:45-11:30 am |
| I | Level 2 | 10:45-11:30 am |
| J | Level 4 | 10:45-11:30 am |
| K | Level 5 | 10:45-11:30 am |
| L | Level 7* | 11:30-12:45 pm |

Sundays: Nov 2 - Dec 21

no class 11/9 and 11/30

Act #: 143023

| | | |
|---|----------|----------------|
| A | Level 2 | 9:15-10 am |
| B | Level 4 | 9:15-10 am |
| C | Level 1 | 10:05-10:50 am |
| D | Level 5 | 10:05-10:50 am |
| E | Level 3 | 10:55-11:40 am |
| F | Level 6 | 10:55-11:40 am |
| G | Level 7* | 11:45 am-1 pm |
| H | Level 4 | 5-5:45 pm |
| I | Level 3 | 5-5:45 pm |
| J | Level 1 | 5-5:45 pm |
| K | Level 2 | 5:50-6:35 pm |
| L | Level 5 | 5:50-6:35 pm |
| M | Level 6 | 5:50 -6:35 pm |
| N | Level 3 | 5:50-6:35 pm |

Holiday Lessons

Evening Session: Dec 11 - Jan 13

Tu and Th starts on Th;

No class 12/25 and 1/1

Act #: 113008

| | | |
|---|----------|-----------|
| A | Level 2 | 7-7:45 pm |
| B | Level 4 | 8-8:45 pm |
| C | Level 1 | 8-8:45 pm |
| D | Level 6 | 8-8:45 pm |
| E | Level 3 | 8-8:45 pm |
| F | Level 5 | 8-8:45 pm |
| G | Level 7* | 6:45-8 pm |

Holiday Morning Session

Dec 22, 23, 26, 27, 29, 30, Jan 2, 3

No class 12/24 and 12/25

Act #: 113006

| | | |
|---|----------|----------------|
| A | Level 1 | 9:10-9:55 am |
| B | Level 4 | 10-10:45 am |
| C | Level 6 | 10-10:45 am |
| D | Level 3 | 10-10:45 am |
| E | Level 2 | 10:45-11:30 am |
| F | Level 5 | 10:45-11:30 am |
| G | Level 4 | 10:45-11:30 am |
| H | Level 7* | 8-8:45 am |

Adult/Teen Swim Classes

Fee: \$59 (Tuesdays and Thursdays)

Beginners

This class is geared toward individuals who have the desire to learn the lifelong skill of swimming. Participants will develop skills such as proper breathing, kicking, floatation and propulsion techniques, and help each

Adult/Teen Swim Lessons continued

participant put together a beginner stroke. The benefits of this class focus on improved safety habits and confidence in the water.

Intermediate

This class is geared toward individuals that have the desire to develop the skills needed to do front crawl, back crawl, and other advanced strokes. Participants must be able to float and do beginner stroke before entering this class. The benefits of this class focus on enhanced confidence in the water and improved fitness.

Advanced

This class is geared toward individuals that are accomplished at swimming various strokes and can swim a minimum of two laps without stopping. Participants will learn proper use of the pace clock, turns, perfect stroke technique, and increase endurance. The benefits of this class focus on improved fitness and knowledge of working out in an aquatic environment

Session 1: Sept 9 - Oct 2 (Tu & Th)

Act #:143007

| | | |
|---|-----|--------------|
| A | Beg | 8:50-9:35 pm |
| B | Int | 8:50-9:35 pm |
| C | Adv | 8:50-9:35 pm |

Session 2: Oct 9 - Nov 4 (Tu & Th)

Act #: 143008

| | | |
|---|-----|--------------|
| A | Beg | 8:50-9:35 pm |
| B | Int | 8:50-9:35 pm |
| C | Adv | 8:50-9:35 pm |

Session 3: Nov 11 - Dec 9 (Tu & Th)

No class on 11/27

Act #: 143009

| | | |
|---|-----|--------------|
| A | Beg | 8:50-9:35 pm |
| B | Int | 8:50-9:35 pm |
| C | Adv | 8:50-9:35 pm |

Holiday Session:

Dec 11- Jan 13 (Tu & Th) Starts Th

No class Dec 25 and Jan 1

Act #: 113026

| | | |
|---|-----|--------------|
| A | Beg | 8:50-9:35 pm |
| B | Int | 8:50-9:35 pm |
| C | Adv | 8:50-9:35 pm |

8 week session: Sept 10 - Oct 29(Wed)

Act #: 143010

| | | |
|---|-----|--------------|
| A | Beg | 1:45-2:30 pm |
| B | Int | 1:45-2:30 pm |



Gentle Aquatic Exercise for Seniors

Gentle to your joints water exercise for seniors and others who need a gentler workout. Enter the water at zero depth edge. This class is held in the lap pool, not the therapy pool. Water temperature is approximately 82-84 degrees.

Instructor: Jennifer Wendland

Location: Troy Community Center indoor pool

Session 1: Sept 9-Oct 23 (Weeks: 7)

| Act # | Days | Time | Fee |
|---------|--------|-------------|------|
| 148978A | Tu/Thu | 9-9:50 am | \$55 |
| 148978B | Tu/Thu | 10-10:50 am | \$55 |

Session 2: Oct 28-Dec 18 (Weeks: 7 -No classes 11/25 & 27)

| Act # | Days | Time | Fee |
|---------|--------|-------------|------|
| 148978C | Tu/Thu | 9-9:50 am | \$55 |
| 148978D | Tu/Thu | 10-10:50 am | \$55 |

Water Wave Aerobics

Looking for a workout without wear and tear on your body? This class is geared toward individuals that want an aerobic workout in the water. The benefits of this class focus on increased fitness, wellness, and enhanced flexibility.

Location: Community Center leisure pool

Session: Sept 2 -Dec 16 (14 weeks - No class Nov 27-28)

| Act # | Day(s) | Time | Fee |
|---------|--------|----------------|-------|
| 143022A | T/Th | 7-7:50 pm | \$110 |
| 143022B | M/W/F | 10:05-10:55 am | \$150 |
| 143022C | M/W | 9-9:50 pm | \$110 |
| 143022D | Sat | 9:05-9:55 am | \$55 |

Register for these classes online at:
www.troy.mi.gov/parksandreconline
 beginning August 19 at 8:00 am;
 more registration details on page 87.

Whales Tales Safety Program

A friendly whale teaches important water safety skills through video with easy phrases such as "Swim with a buddy in a supervised area." After the video, participants will practice what was on the video in an aquatic environment. Be sure to bring a swimsuit and towel.

Location: Troy Community Center indoor pool

Act #143045

| Sec | Day | Time | Date | Ages | Fee |
|-----|-----|--------------|--------|------------------|------|
| A. | Sat | 3-5 pm | Oct 4 | 3-5 | \$10 |
| B. | Fri | 6:30-8:30 pm | Oct 3 | 6-9 | \$10 |
| C. | Tue | 4:30-6:30 pm | Oct 28 | 3-5 | \$10 |
| D. | Wed | 9-11 am | Nov 12 | Under 3 w/parent | \$10 |
| E. | Sat | 3-5 pm | Nov 15 | Under 3 w/parent | \$10 |
| F. | Sun | 1-3 pm | Nov 16 | 6-9 | \$10 |

Schools and Scout Groups: Bring the Whales Tales Program to you! A Community Center Staff Member may be available to come to your classroom or meeting location. Call 248.524.3484 for prices and availability.

American Red Cross Classes

Ultimate Junior Lifeguard Guardstart Program

Do you wonder what it takes to be a lifeguard? Get in on the action! Students will be taught basic CPR skills, water rescues, and will have the opportunity to shadow with a real lifeguard. Although students will not be lifeguard certified, they will be more prepared to take the Lifeguard Course when they are age 15. Participants will receive a whistle, lanyard, and a lifeguard shirt.

Location: Troy Community Center indoor pool

Act#143041

| Sec | Day | Time | Dates | Ages | Fee |
|-----|-----|--------------|----------------|-------|-------|
| A | Sat | 1-3 pm | Sept 27-Nov 1 | 11-15 | \$75 |
| B | Fri | 6:30-8:30 pm | Sept 19-Oct 24 | 11-15 | \$75 |
| C | Sun | 3-5 pm | Nov 2-Dec 14 | 11-15 | \$75* |

*No class 11/30

American Red Cross Water Safety Instructor Class

Develop skills needed to be a swim instructor. Participants will learn proper teaching techniques based on the American Red Cross Learn to Swim Program. Upon successful completion of the course, students will receive a American Red Cross Water Safety Instructor certification. Swim Instructor Positions may be available at the Community Center Indoor Pool when class is complete. Must be 17 years old.

Location: Troy Community Center indoor pool

Session: Nov 2 – Dec 14 (No class Nov 30)

| Act# | Day | Time | Fee |
|---------|-----|-----------|-------|
| 143051A | Sun | 11am-5 pm | \$280 |

American Red Cross Lifeguard Class

This class is for ages 15 and older who are interested in becoming a certified lifeguard. Participants will learn how to anticipate accidents in aquatic areas, prevent drowning and accidents, execute rescues and assists, and provide rescue and emergency care. Upon successful completions of the course, participants will receive both an American Red Cross Lifeguard and CPR certificates. Positions may be available at the Community Center Indoor Pool when class is complete.

Location: Community Center Indoor Pool

Act#143040

| Sec | Day | Time | Dates | Fee |
|-----|--------|------------------|-----------------------|--------|
| A | Sun | 12-5 pm | Sept 14 -Oct 19 | \$160 |
| B | Sat | 4-9 pm | Nov 1-Dec 13 | \$160* |
| C | Varies | 10:30 am-3:30 pm | Dec 22,23,26,27,29,30 | \$160 |
| D | Varies | 4-9 pm | Dec 22,23,26,27,29,30 | \$160 |

(*No class 11/29)

American Red Cross Lifeguard Recertification Challenge Course

Is your American Red Cross Lifeguard Certificate expiring? If so, you can recertify quickly through this course. Community Center Lifeguard Instructors will test out anyone that is currently certified and needs recertification in Lifeguarding and CPR. All skills should be reviewed before coming to the Challenge Course as successful completion of the course is based on ability to perform the skills needed as required in the American Red Cross Lifeguarding Course. This class is only a test out on skills for currently certified lifeguards.

Location: Troy Community Center indoor pool

Act#143052

| Sec | Day | Time | Date | Fee |
|-----|-----|---------|--------|------|
| A | Sat | 4-9 pm | Oct 4 | \$45 |
| B | Fri | 5-10 pm | Oct 24 | \$45 |



Swimming tones your entire body while providing an excellent cardiovascular workout. It strengthens your heart muscle and improves delivery of oxygen to muscles. It's also a uniquely gentle, relaxing activity that almost anyone can do, including people for whom jarring, weight-bearing activities are out of the question (for example, those who have chronic back or joint problems).

Troy Community Center Room Rentals

If you are looking for a place to have a business meeting, shower, banquet or special event, the Community Center has five elegantly decorated rooms that can meet your needs. The smoke and alcohol free environment at the Community Center features rooms with adjustable chandelier lighting; drop down projection screens and computer projectors, complimentary wireless Internet and a variety of rentable audiovisual equipment. The banquet room is the largest space and has a 1,600 square foot dance floor, 28' wide x 16' deep stage and space to seat approximately 300. Other more intimate rooms accommodating up to 125 are also available.

To get further information on the room reservation progress and view pictures of the facility, visit the Community Center at www.troy.mi.gov/parksrec/communitycenter/ and click on the link for Meeting and Banquet Rooms. Catering for special events is available from the preferred caterer, A & S Catering (313.525.1300), or it can be carried in. Refer to the Food Policy for more details.

Birthday Parties

Plan your next party at the Troy Community Center – the hassle free way! We will do all the work and you will have all the FUN!

Parties Available:

Friday 6:30 - 8:30 pm and 8 - 10 pm

Saturday 11:30 am - 1:30 pm; 1 - 3 pm; 2:30 - 4:30 pm

Sunday 1:30 - 3:30 pm; 3 - 5 pm

Not available on holiday weekends.

- Group size: 12 participants (\$11/each additional guest)
- Resident rate \$185
- Non-resident \$205
- Standard party includes one hour of gym or pool time during open swim, one hour in the party room and food consisting of pizza, ice cream, and drink. Gym use is based on availability.
- Full payment is required at the time of reservation.
- Application and payment must be submitted at least one week prior to party.

Ask about our theme party options:

- Princess
- Spiderman
- Sports
- High School Musical



Call 248.524.3484 to reserve your next party!